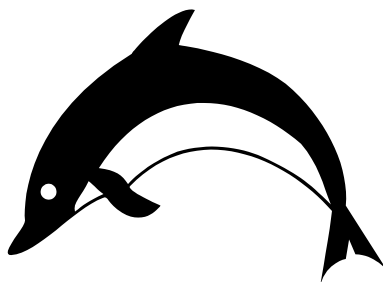


# MONSON DOLPHINS WINTER SWIM TEAM



**The winter season will soon be upon us and the Dolphins will be in the water again!**

**We are starting practice on Monday October 24, 2016.** Practice will be held Monday thru Thursday from 3 to 4:45 PM. Your swimmer may come to all practices. We would like your swimmer to practice a minimum of 2 days per week. The program runs until championships tentatively scheduled for the end of January. Your swimmer will learn the 4 competitive strokes, starts and turns and improve endurance. This is a great physical activity. We stress personal improvement not winning. Swimmers compete in their age group. All swimmers attend Championships.

**Registration will be on Monday October 17, 2016 6:00-7:00 PM at the Pool.**

Forms should be completed at this time and the registration fee of \$60 must be paid. This fee will be applied to the swimmers balance. Swimmers who register after October 17 will be charged an extra \$5 late registration fee. Every swim team participant must have a pair of goggles at every practice and meet. Be prepared for your swim season. The Parks & Recreation Department will have goggles for sale.

The winter season is approximately 14 weeks long with meets on Friday evenings or Saturdays. Championships are tentatively scheduled for the weekend of January 28 & 29, 2017. All swimmers are expected to attend championships. Cost for the season is \$160 (Monson Residents) and \$175 (Non-Resident) which includes pool fee, coaches, lifeguards, team cap, championship entry fees and any other miscellaneous supplies. **Family discounts are given.** We encourage the high school swimmers to continue to support our team. They are the role models for all the young swimmers! Swimming before the Varsity season is a great opportunity for these swimmers to get in shape and practice skills. All Varsity Athletes are welcome to practice with us and stay on for meets throughout the season. Come when you can! High School Athletes will receive a reduced rate.

**Practices** will be held Monday thru Thursday 3- 4:45 PM. Any child remaining after 5 PM on a school day will be charged a \$10 fee per every thirty minutes we are responsible for them.

Please call Liz at 267-4105 and leave your number if you have questions or concerns.

Hope to see you at practice the week of October 24th!

Coach Liz & Coach Linda